

# Ready, Set, Walk!



**IN**Shape  
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## Week 12: Recap and Congratulations!



### Things to keep in mind as you finish up the *Ready, Set, Walk!* program and continue your walking routine as part of your healthy lifestyle:

- Make sure you are off to a good start with the right equipment. A good pair of shoes, a pedometer, and appropriate workout clothes are all part of reaching your fitness goals.
- As you exercise, keep in mind all of the great things that you are doing for your health! Picture yourself walking further than ever before, lowering your blood pressure and cholesterol, improving the health of your heart, and reaching appropriate weight loss goals! These are all things that you can achieve just by getting out and walking!
- Remember to stretch before you exercise, maintain good posture while exercising and cool down when you have completed your routine. These things go in conjunction with improving your eating habits and adding more fruits and veggies to your diet.
- You have worked hard, so don't forget to reward yourself with a healthy treat or new workout attire.
- Continue to encourage those around you to adopt a more healthful lifestyle. Your commitment to improving your health is contagious, so keep spreading the word in your sphere of influence.
- Lastly, don't forget to have fun! It can be difficult at times to find the motivation to exercise. You are not the only one who experiences this, but you must put one foot in front of the other until it becomes a habit.

Week Twelve	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	40 minutes	40 minutes	60 minutes	40 minutes	60 minutes	40 minutes	60 minutes

# Smart Eating = Lifelong Healthy Habits

Congratulations! Your lifestyle now includes regular walking and smart eating. Keep this handy checklist nearby to ensure these healthy habits stick around. These registered dietician-approved websites will help you find recipes, kid-friendly activities and nutrition tips perfect for Mom and Dad. Happy, healthy eating!



## Whole Grains

Choose at least half your grains every day from the whole grain category: breads, bagels, English muffins, hamburger buns, flour tortillas, waffles, pasta, spaghetti and couscous. There's a whole wheat version of every grain for more fiber, protein, vitamins and minerals.

[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

[www.wheatfoods.org](http://www.wheatfoods.org)

## Fruits & Vegetables

Aim for fruits and vegetables at every meal and for snacks. More matters and all forms count—fresh, frozen, canned, dried and 100% juices. Fruits and veggies are filled with vitamins, minerals, fiber and antioxidants to boost immunity which helps fight cancer and heart disease.

[www.beans4health.com](http://www.beans4health.com)

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

## Meat, Poultry, Fish & Eggs

Choose lean versions of pork, beef and lamb (cuts with “loin” and “round” in the name). Remove skin from chicken and turkey to cut saturated fat and calories. Eat more fish (all varieties) for those healthy omega-3 fatty acids. Eggs contain heart-healthy fat and nutrients for better eye health.

<http://www.porkbeinspired.com>

[www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com)

[www.aboutseafood.com](http://www.aboutseafood.com)

[www.incredibleegg.org](http://www.incredibleegg.org)

## Milk & Dairy

Choose 1% or fat free milk (white and chocolate versions) for less fat and calories in this bone-building protein and calcium-rich beverage. Low fat chocolate milk makes a great recovery drink! Reduced fat, light and low fat cheese and fat free yogurt keep your heart healthier with less saturated fat.

[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

## Beverages

Remember to stay hydrated by drinking plenty of fluids. This includes water, milk, juice, sports and energy drinks, diet and regular soft drinks, lemonade, tea and coffee. Beverage calories can add up fast, so make sure you budget for them in your daily caloric intake.

[www.beverageinstitute.org](http://www.beverageinstitute.org)

Visit [www.INShapeIndiana.org](http://www.INShapeIndiana.org) for more online advice from  
First Lady Cheri Daniels!



Eat Better  
Move More  
Avoid Tobacco

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